

BOOK COMPANION RESOURCE

Perspective Reflection

What Still Remains

Gratitude, Strength & Perspective

When life changes, our attention can naturally turn towards what is missing. This companion reflection invites you to notice what—and who—is still present.

INSIDE:

- What remains
- Who remains
- Strengths I still carry
- What still brings meaning
- What I am grateful for today

Roushini Devi

Every life transition gives us a Gift of Time.™

My Chapter Reflection

Pause • Reflect • Reframe • Reset • Rise

Take a moment to pause and notice what is still here.
This reflection helps you reconnect with what remains,
who remains, and what still brings you strength, meaning and gratitude.



What remains?



Who remains?



Strengths I still carry?



What still brings meaning?



What I am grateful for today?

Gratitude turns what we have into enough.

My Reflections

The Bigger Picture

As you move through this chapter, take a moment to reflect on the bigger picture. What is still good? What is still possible? How can you carry this forward with gratitude and perspective?

What is still good in my life right now?

What is still possible for me?

How can I carry this forward?

What is one small thing I am grateful for today?

Every chapter has something to teach you.
Even the hardest ones hold light.